

...: Ufficio/Servizio TECNICO :...

SAFE BEACHE

FRANCO DANIELI

**The HAPPY HOLIDAYS
MANUAL****NEL GARDA TRENTINO****INTRODUCTION**

Dear boys and girls,

Alto Garda & Ledro is an area that offers many possibilities for outdoor activities such as swimming, sailing, canoeing, mountain biking, free climbing, paragliding, mountain excursions and many others.

The beauty of our lake and our mountains is everyone's heritage and should therefore be respected, preserved and experienced. The idea behind reprinting the "Handbook for happy holidays" came from a desire to make all of you youngsters part of an effort to inform family, friends and tourists about a few behavioral guidelines to be followed for one's own safety and that of others.

I hope that reading this COMIC can be fun and also informative, and that it serves to make you feel like little "rangers" for the protection of our territory and in the safeguard of life and health.

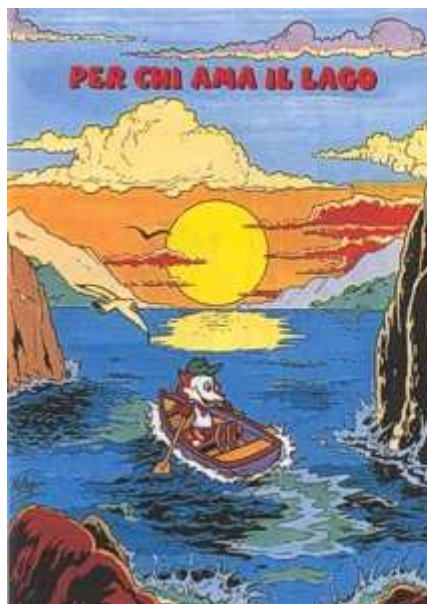
A warmth thanks, and bye to all.

Vito Oliari - President
Compensorio Alto Garda e Ledro

**BICKY****A better world**

[Cartiere del Garda's](#) love for the environment has, in recent years, led the company to reserve special care for the respect and protection of the territory. This interest has stabilized in a friendship with the Adamello Brenta Nature Park; the company has, in fact, supported and participated in various projects, among which is the recent adoption of the latest bear cub to be born: KIARA. Over the years, Cartiere del Garda has learned to defend, at all costs, the water, the air and the earth... for "A better world."

"SAFE BEACHE" Service on Garda Trentino



To ensure the guests of Garda Trentino a peaceful and safe holiday, even as they practice their favorite water sports, the local authorities have instituted a surveillance service organized in collaboration with the Carabinieri, Police and Firefighters, patrolling the waters off Trentino lakeshore in boats year-round, in order to guarantee assistance to anyone in trouble.

From June to September, during the period of high tourist activity, surveillance is carried out also from land by personnel of the "Safe Beach" Project equipped with life-rafts.

The lifeguards of the "Safe Beach" service are responsible for:

- guaranteeing surveillance of the beach at intervals of about 160 meters;
- providing tourists with information about the environment, the countryside and general tourism.

The "SAFE BEACH" service operates continuously from July 1st to August 31st, from 10:30 a.m. to 5:30 p.m., every day of the week.

Safe Beach service personnel are recognizable by their red uniforms.

WINDSURFING AND BOATING IN GENERAL



- Lake Garda is famous for its wind, which makes windsurfing and sailing a real amusement. Under certain circumstances, however, you can encounter storms as sudden as they are dangerous;
- A red flag is the international symbol for danger, and is raised to signal a dangerous situation;
- It is very important to verify, in the vicinity of the watch towers, that the red flag is not up



In the event of a sudden storm, in addition to the hoisting of a red flag on land, boats - also equipped with red flags - will cross the lake and alert surfers of the imminent danger with warning sounds.

These signals order those already in the water to return to land immediately and those on land to refrain from going in the water.

ANY DEVIATION FROM THESE RULES IS DONE AT YOUR OWN RISK!



REQUIRED IN ALL LAKES!!

Every surfer must wear a life jacket; this accessory is essential to personal safety, and obligatory in all Trentino lakes. A whistle is also useful in order to alert others in case of danger. It is extremely important to wear a full body suit, which will help the surfer to avoid the risk of hypothermia, especially in the months between September and June.



Whoever gets stuck in the water in bad weather should try to group with other surfers in the same condition, in order to help one another and to attract help more quickly.



SORRY TO BOTHER YOU, BUT MAY I SAVE YOUR SKIN?

If you see anyone in trouble, the code of the lake obliges you to help them: anyone could need help, and so anyone should give help!

No special training is required to call for help (118), to toss out a floatation device or to hold out a branch... Avoid, under all circumstances, getting so close that you yourself risk being pulled in. Do not prematurely attempt any first aid maneuvers, you could cause some serious harm!



BLUB! I THINK I'M IN TROUBLE!

Anyone who finds themselves in trouble, whether in a boat or on a surfboard, should wave an arm to attract attention. If you find yourself in serious trouble, you should use the international signal for S.O.S., which consists of rhythmically crossing your arms together above your head.



EXCUSE ME, PLEASE, I'M STARBOARD TACK!

Between two windsurfers, or sailboats, the right of way always goes to the one that is sailing "starboard tack." A watercraft is "starboard tack" when the wind is blowing against the sail from the right side of the boat.



WONDERFUL! SGRUNT!

Remember that sailing crafts always have the right of way over boats with motors (unless these have difficulty maneuvering) and that, in the Province of Trento, however, motor-powered public service boats have the right of way.

- These are areas in which it is forbidden to use windsurf boards:
- in the way of public service boats
- in harbors and near their entrances
- in areas reserved for swimmers
- in maintained reeded areas



OOPS! SORRY!
URGH!

Remember that the size of a surfboard is cumbersome, and thus avoid disturbing others on the beach and in the water. Avoid taking routes and making maneuvers too close to the beach, as it poses a danger to swimmers. Likewise, racing with other crafts, possibly cutting across their path, is not advised.

FOR SKIN DIVERS AND SCUBA DIVERS



Always dive with a partner; plan the dive and try not to deviate from those plans.



GLOGLOUB GLOUB!
PROCEDURES AND SAFETY SIGNALS

It is essential that you ensure that your partner knows the procedures and safety signals.



Do not dive if you're feeling unwell or unsure of yourself, it is better to come back later than take a risk.



BLA BLA BLA BLA BLA BLA
OK, OK, OK!!

Ask experts on the area about the presence of dangers (currents, wreckage, etc.)



40 mt.
TURN BACK!
CHEEP CHIRP CHIPEET!
HE'S GONE!

Respect dive times and safety points; don't be impatient. Do not dive below 40 meters, as you could risk depth sickness.



GLUGLU GLU?*

*WANNA BUY?

Always wear your hydrostatic vest and appropriate safety instruments (dive watch, manometer, safety tabs, etc.)



Always bring a diving buoy and spare air tanks to your dive point. Remember that a support boat is required on Lake Garda.

FOR BATHERS AND SWIMMERS



Always stick to supervised swimming areas. Allow at least three hours between your last meal and the time you go in the water: really greasy foods even require five hours to digest!



While staying at the lake, mid-day meals should always be light; don't eat heavy meat or fried foods (these foods are slow to digest).



Avoid prolonged periods without food, as this can be as bad as overeating. Our bodies require energy sustenance to perform physical activities.



HIC HIC BURP!

DANGER DEPTH 200mt.

To take full enjoyment of the lake, avoid consuming alcohol or any other type of drug: alcohol is a vasodilator and puts you at an increased risk of thermal shock and, like drugs, alters your body's natural "alarms."



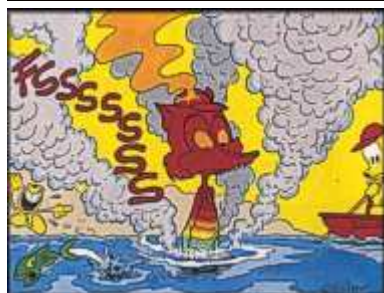
KREAKLE SNAP! / FZZZ

Long periods of inactivity in the sun can pose a serious threat: it is wise to cover your head and use sunscreen.



BURP!
(EXCUSE ME)

Exposing your body to sun and heat accelerates dehydration: to avoid this trouble, be sure to drink water often, even if it doesn't seem like you need it.



Use caution when jumping into water of unknown depth (shallow, presence of obstacles): it is often the cause of paraplegia (paralyzation of the limbs).

After long periods in the sun, enter the water gradually (first wet your head, your abdomen and your limbs): thermal shock can make you lose consciousness.



OKAY SON, TAKE OFF YOUR SHIRT AND JACKET!

Everyone is their own best doctor: at the least sign of change in your physical wellbeing, don't push your body any further, but seek expert advice as to the cause of what's bothering you.



HEL...
BONK!
AIEE!
PRANKS

Don't yell "Help," "I'm drowning" or similar things as a joke.



I'M CALM, EXTREMELY CALM!!

If you start to get cramps, the best thing to do is not to panic; fear is your worst enemy. Position yourself on your back in order to facilitate breathing; your lungs, which are natural buoys, will help you float. Don't think about the pain and don't panic, shout "Help" to get the lifeguards' attention.



Leave a clear area from in front of the lifeguard tower up to the water.
Learn to interpret and respect the signal flags on the watch tower:

- RED FLAG = swimming forbidden because of danger or lifeguard off duty
- YELLOW FLAG = swimming discouraged due to risky conditions; lifeguard on duty
- WHITE FLAG = optimal swimming conditions and lifeguard on duty



STOP
NO!
RESCUE
HALT!

Do not go in the rescue boats or tamper with any other piece of equipment restricted to lifeguard use; don't let children play near restricted areas: in the case of a rescue, it could be dangerous for the child and could impede the rescue operation.



Never go in the water by yourself: always have a companion in the water or on the beach who can help you or call for help in case of trouble.



ZONE LIMIT
END SUPERVISED ZONE

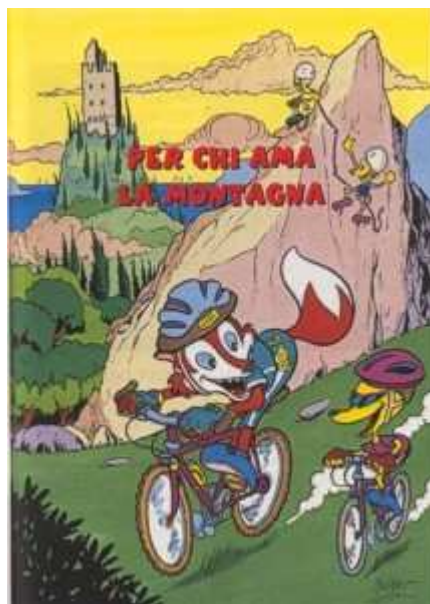
For your own safety, don't swim beyond the supervised areas.



SNIF!

A FINAL NOTE: 60% OF THE PEOPLE WHO DROWN ARE EXPERIENCED SWIMMERS, BUT... THEY DON'T RESPECT THE BASIC SAFETY RULES DESCRIBED HERE.

THE MOUNTAINS OF GARDA TRENTINO



Garda Trentino offers, along with the beach, the thrill of the mountains.

The mountains of Garda Trentino are laced with a network of well marked hiking trails and various alpine huts for walks and excursions on foot or on bike.

Equipped paths and climbs, designed for experts, are among the most famous in Europe.

All the relative information about paths and trails can be found in the numerous APT publications.

On site, there is also a well organized Alpine Rescue service that is always available for help, suggestions and advice.

FOR MOUNTAIN BIKERS



HUFF, HUFF PANT!
HELMET ALWAYS BUCKLED!

Before departure, always check your breaks, tire pressure and grease all moving parts. Bring the proper equipment (inner tube, a light jacket, compass, topographical map, flashlight, etc.) to deal with any unforeseen situation. Helmet is not a fashion accessory but a vital safety precaution, it needs to be buckled. Bring mountain bike lights with you. It is important to have a biking companion, so that you can help one another if necessary.



REMEMBER THERE'S ALSO THE TRIP BACK!

Make sure to check the length of the trail and try not to overexert yourself. Remember that in addition to the trip out, there's also the trip back; and you may have to return on foot. Always follow the trails marked on the "maps" published by A.P.T.: it will be hard to get lost. Always notify someone of your departure, your route, destination, and what time you plan to be back. This will make things easier in case of a search. Walking your bike up difficult section is not cowardice, it's good sense! In addition to some easily digestible high-energy food, bring a spare water bottle, because there won't always be water available along the trail. Play it safe: turn on your lights before entering a tunnel.



Don't cross fields, you will thus avoid harming plants and disturbing natural wildlife habitats. In the mountains, walkers have the right of way, so use caution when passing them.

FOR FREE CLIMBERS AND ROCK CLIMBERS



KNOT AT THE END OF THE ROPE! DOUBLE ROPE

Mental and physical preparation; don't take risks and don't stretch your physical abilities past their limit. Bring appropriate equipment (clothing, UIAA approved ropes, footwear, karabiners, etc.). Helmet is not a fashion accessory but a vital safety precaution.



When climbing, it is important to stay fastened and have a good understanding of knots and rope maneuvers. Always keep a hold on three grips, it's foolish to tempt fate. Stopping points should be secure, above all, so hook yourself to at least two solid, well attached points. Before double-rope descents, it is wise to first check the anchors, the adjoining knots of the ropes, the landing point and fasten yourself securely.



Make sure to carefully research your planned route. Always notify someone of your departure, your route, destination, and what time you plan to be back. For undertaking difficult routes, it is good to find an Alpine Guide to accompany you. Don't leave behind bottles, wrappers or other waste.



I'LL SAVE YOU... RUMBLE!

Know the signs of distress and the basics of first aid.

ALWAYS REMEMBER THAT WHOEVER COMES TO YOUR AID PUTS THEIR OWN SAFETY AT RISK, SO TRY TO AVOID THE NEED FOR INTERVENTION BY REFRAINING FROM IRRESPONSIBLE BEHAVIOR.



118
EMERGENZA
SANITARIA



115
VIGILI
DEL FUOCO



112
CARABINIERI



113
SOCCORSO PUBBLICO
DI EMERGENZA



118
SOCCORSO
ALPINO



1530
GUARDIA
COSTIERA



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